

IF.S7 CONTENTS 23



HEALTH WATCH

85-88

Keystones of good health - the body's defences - the importance of diet smoking and lung cancer - effect of environment on health - pollution - sick building syndrome

THE LIVING WORLD



GERM WARFARE

93-96

The immune system - killer blood cells immunization - types of germ - 'good' and 'bad' bacteria - invasive viruses deadly protozoa - harmful fungi



NEW TECHNOLOGY

SURGERY NOW

131-134

Modern anaesthetics - sterile kit specialized lasers - precision surgery treating tumours - endoscopes reconnecting severed limbs - organ transplants - plastic surgery

MEDICAL MIRACLES

135-136

Restoring sight - hearing implants heart pacemakers - controlling diabetes - replacing damaged joints

LIFESAVING MACHINES

137-140

Uses of X-rays - scanners that see inside the body – medical lasers – kidney dialysis - heart and lung machines

FUTURES



PROGRAMMED FOR HEALTH

The electronic doctor - diagnosis by

computer - 'keyhole surgery' by robots

maps of inside the body - charting brain

- hi-tech cancer treatments - making





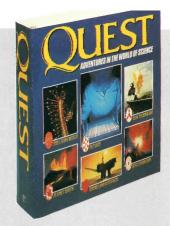
activity

HEALING FORCES

73-74

Pain killers - specific and broad spectrum antibiotics - problem of side effects - complementary medicine holistic approaches

Pack cover: a modern surgery (main picture); X-ray of a lung – the orange spots are cancerous areas (inset). Fact file cover: making a 3-D image of the brain; diagram of the nose and mouth.



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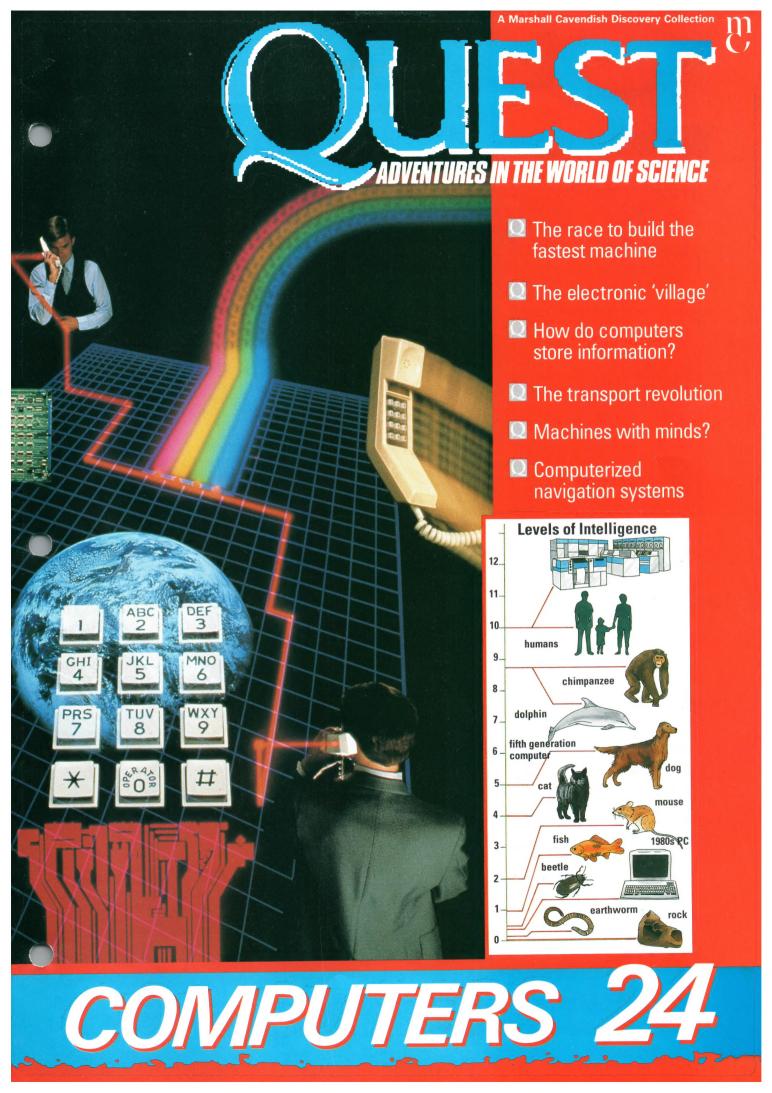
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IEST **CONTENTS 24**



GLOBAL VILLAGE

89-92

The electronic 'village' - worldwide communications network - security problems - computer viruses malicious hackers - hostile programs



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ROBOTICS

141-144



MEMORY BANKS

145-146

Computer storage systems - bits and bytes - built-in programs - losing info back-up systems - hard and soft discs

Teaching robots their jobs - automated

assembly line - camera 'eyes'

human voice - brainy computers

androids - synthesizing the

MULTI-MEDIA

147-150

Advanced programming techniques hi-tech graphics and animation - ray tracing - digital picture manipulation on-line poetry



FUTURES

SUPERCOMPUTERS

79-80

Ten billion calculations per second ever-faster speeds - programs that mimic the brain - simulating accidents mapping air flow

THE FIFTH GENERATION

81-82

Silicon chips - thousands of transistors - supercooled superconductors - the optical computer - pulses of light

ENERGY AND RESOURCES

SUPER CIRCUITS

75-78

Active suspension systems - in-car navigation - safer cornering - global satellite network - computer pilots stabilizing superlight military jets



Pack cover: Mission control at the Jet Propulsion Laboratory, California, USA; the flow of air around a car as modelled by a Cray supercomputer. Fact file cover: impression of a worldwide communications network; diagram of different levels of intelligence.

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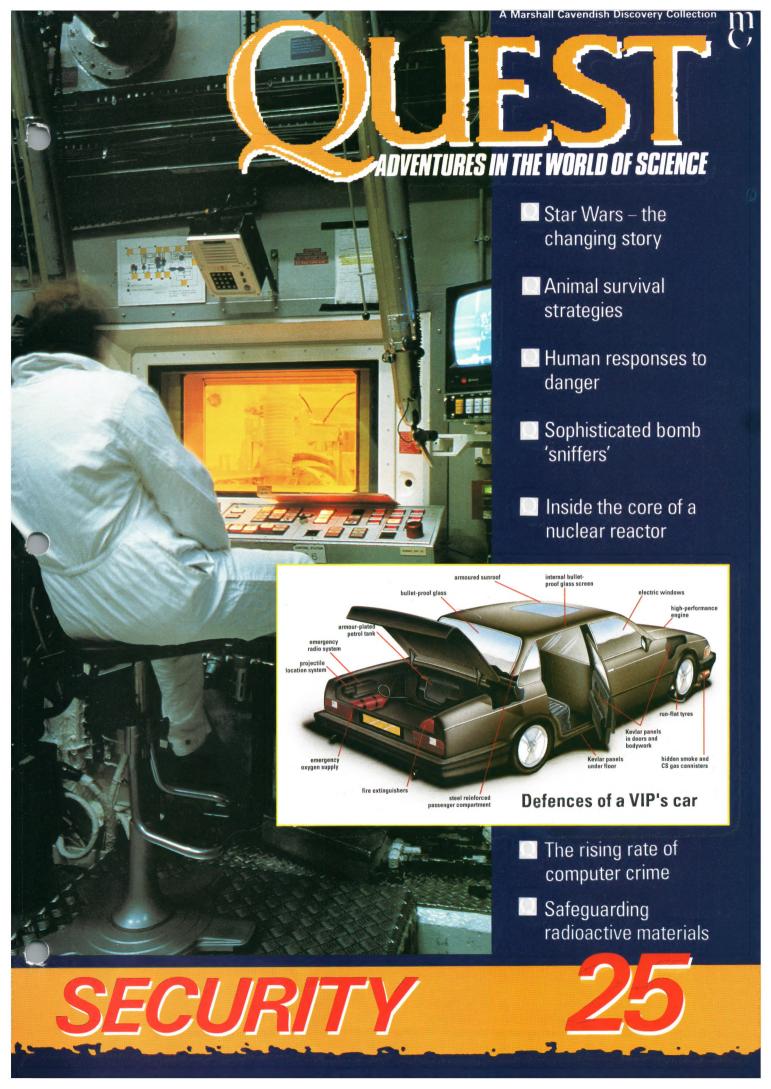
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PLANET FARTH

NATIONAL SECURITY

93-96

Natural and man-made boundaries – frontiers – illegal immigrants – air space

THE LIVING WORLD

SELF DEFENCE

83-84

The body's response to danger – martial arts – forbidden moves – skill rating system



THE FIGHT TO SURVIVE

97-100

Staking out territory – survival strategies – hunting in packs – camouflage



NEW TECHNOLOGY

TECHNOLOGY V TERROR

151-154

Airport security – electronic detection – armoured cars – bank vaults

COMPUTER WATCH

155-156

Bank fraud – stealing data – hacking – the password – sharing secret information



GLOBAL DEFENCE SYSTEM

31-32

'Star Wars' – early warning satellites – meteorite catastrophe – Clementine Probe



FUTURES

UNDER SURVEILLANCE

83-84

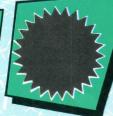
Electronic tagging – tapping telephones – spying – recognition systems – bugs



NUCLEAR SAFETY

79-80

Dangers of fission – splitting atoms – transporting nuclear waste – terrorist threat



Pack cover: a bank vault with the door open (main image); publicity material from a computer company advertising the security of its systems.

Fact file cover: monitoring by computer the stripping down of spent fuel rods at a power station;

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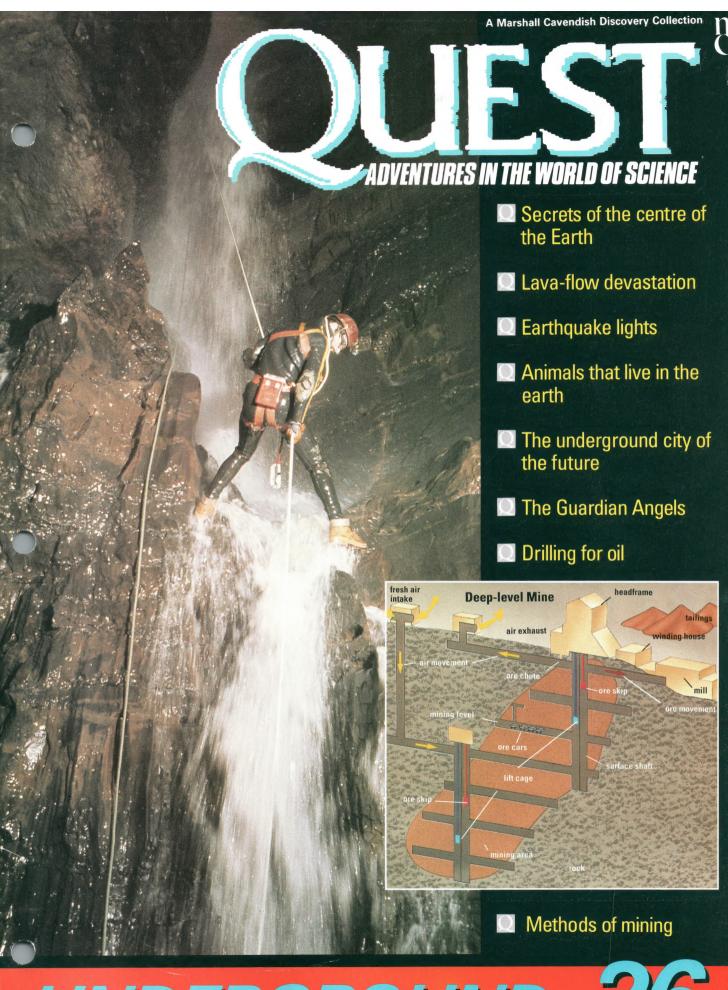
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UNDERGROUND 26

IFS7 **CONTENTS 26**



TO THE EARTH'S CORE

97-100

The mantle - Reflection seismology stalactites and stalagmites - five types of volcano – gevsers and fumaroles

EARTHQUAKE!

101-104

The longest quake – fault lines – the epicentre - tsunami - seismograms satellite monitoring - the Richter Scale

THE LIVING WORL

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THE UNDERWORLD

101-104

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Nitrifying bacteria - the world of worms digging claws and teeth - burrows and tunnels – living in darkness

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SUBWAY

157-160

Signalling systems - driverless trains world's largest station - 'steel on steel' -Eurotunnel – deep lines – beating crime



85 - 86

DOWN TOWN

Underground building – 'Earth-sheltered' technology – NORAD – Geofrontier project - earthquake-proofing - The Granite Vaults





MINING THE EARTH

81-84

Coal reserves - environmental pollution the deepest mine - how diamonds form bucket-wheel excavators - blasting

Pack cover: the Paris Métro (main image); an eruption of Mt Kilauea on Hawaii. Fact file cover: abseiling down an underground waterfall; cross-section of a deep-level mine (inset).



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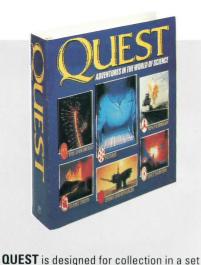
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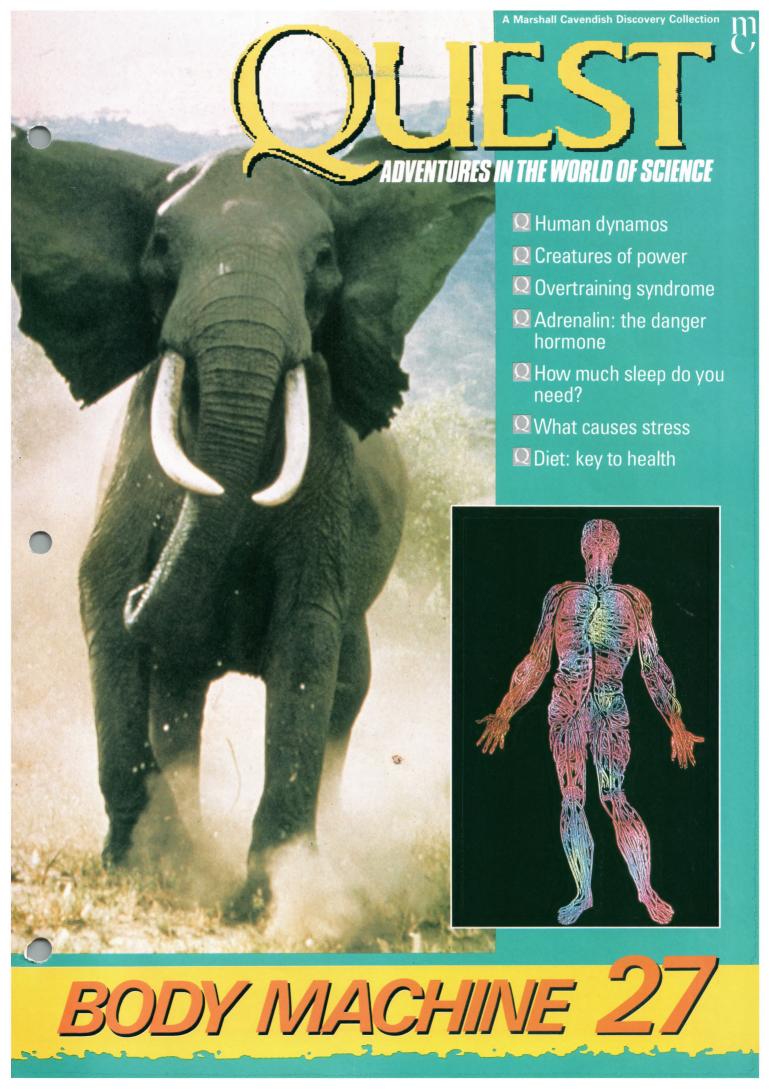
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IFS **CONTENTS 27**



SUPERMEN

105-108

Muscle types - world-class material mental attitude – sport psychologists – aerobic and anaerobic breathing oxygen debt - preventing 'burn out'

ADAPT OR DIE

109-110

Evolutionary forces - human skin colour prehensile tails - Arctic adaptation gliding animals - desert creatures fooling predators - insect mimicry

THE LIVING WORL

HUMAN MACHINES

105-108

Physical prowess - how blood circulates - involuntary muscles design of the heart - body's shock absorbers - receptors - Siamese twins - coma

MODEL Instructions for making up the together with the Model Assembly QUEST Pack.

RAW POWER

109-112

Might of the dung beetle - killer croc fastest animals - undersea poisoners ink clouds and tentacles - how snakes swallow - stink glands



161-162

Man-made joints - skin electrodes touch sensors - a cure for deafness? bionic ear implants – tungsten carbide bones - artificial skin

ENERGY AND RESO

BODY MAINTENANCE

85 - 88

A balanced diet - weight control calories - exercise - protein and carbohydrate - meditation and relaxation - body repairs while you sleep

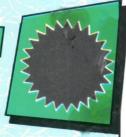
89-90

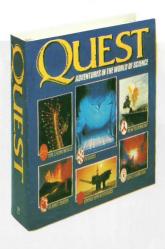
Fight or flight response - pain gate

STRESS: THE KILLER

phenomenon - addicted to thrills - a surge of adrenalin - body breakdowns drug treatments - panic attack

Pack cover: A body-builder flexes his muscles; false-colour, X-ray image of human arteries (inset). Fact file cover: A charging African elephant; false-colour version of an engraving of the venous system.





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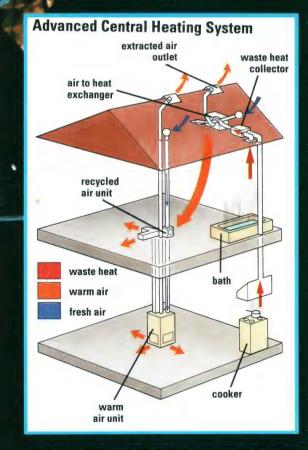
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ADVENTURES IN THE WORLD OF SCIENCE

- Luxury caravans
- Ultrasound cleaning
- Computer-controlled living
- Inside the beehive
- Decompression chambers
- Devastation by earthquake



HOMES

28



PLANET EARTH

GOING PLACES

111-114

Nomadic tribes – yurts and tepees – luxury caravans and campers – the Nullarbor-crosser – floating villages – mobile homes – ocean-going boats – 'cardboard city'

POWER CLEANING

115-116

Dust mites – cleaning machines – how detergents work – ultrasound cleaning – biological powders – grime-busting enzymes – biodegradable foam – inside your toothpaste

CATASTROPHE!

117-118

Tracking Hurricane Hugo – shanty town destruction – building in earthquake zones – search and rescue – flooding – when lightning strikes – the quake baby

THE LIVING WORLD

ANIMAL STRONGHOLDS

113-114

Security from predators – social insects – underground store houses – inside the beehive – burrows and mounds – the beaver's lodge – secrets of the cuckoo – the hornet's nest

CREEPY-CRAWLIES

115-118

Viruses, bacteria and fungi – bad fruit and rotting meat – the smell of decay – air-borne mould – dry-rot fungus – cockroach infestation – bedbugs and fleas – the living fossil



NEW TECHNOLOGY

HOME FROM HOME

163-166

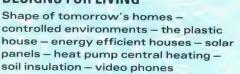
Life on an oil rig – decompression chamber – aboard an aircraft carrier – living underwater – travelling in Voyager – SAS survival training – inside a lorry driver's cab



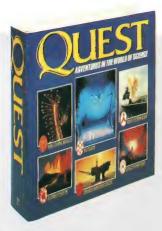
DESIGNS FOR LIVING

87-90

87-90







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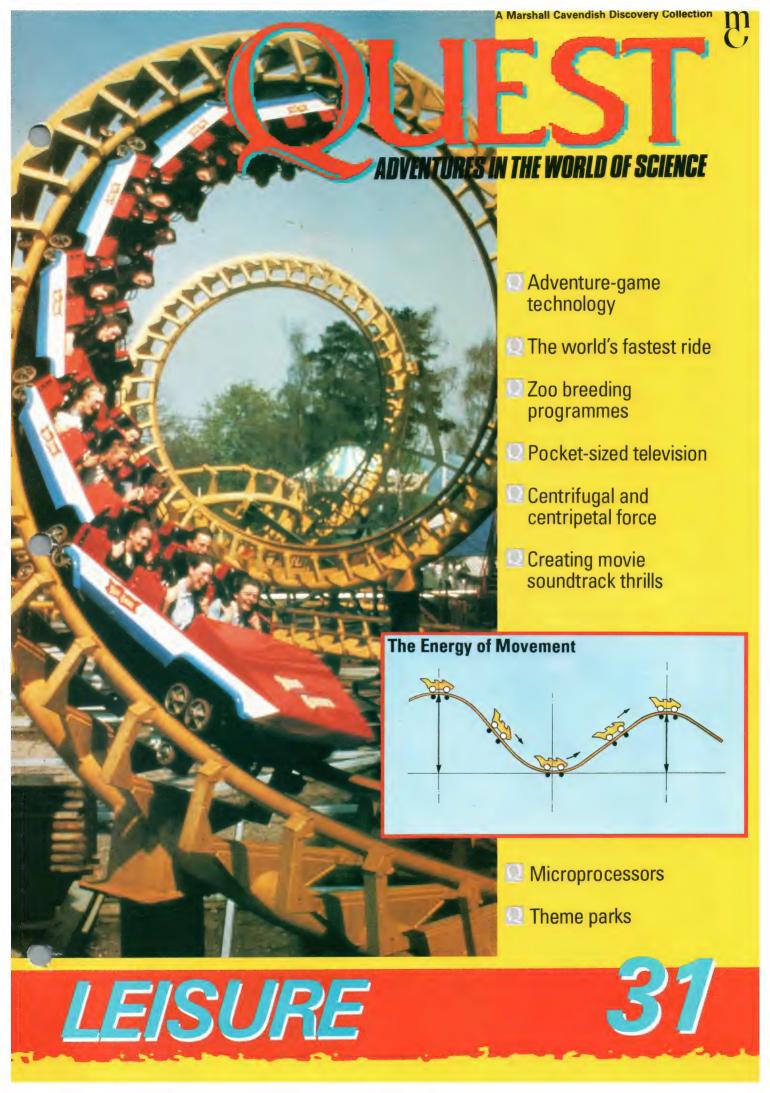
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Pack cover: New York by night; thermograph of heat distribution on house (AGA Infrared Systems/Science Photo Library); Fact file cover: Spaceship Earth, Walt Disney World, Florida, USA; diagram of a modern central heating system.





PLANET EARTH

AWAY DAYS

125-128

Leisure and theme parks – Walt Disney World – Project Zeri – Space Camp – controlled environments – the Astrodome and Superdome

THE LIVING WORLD





WHERE WILD THINGS ARE

Zoo conservation schemes – ISIS and NOAH – a keeper's work – veterinary care – 'stereotyped' behaviour – new enclosure design – nature parks



NEW TECHNOLOGY

WONDERWORLDS

189-192

Electronic games – powered chairs – laser discs – strategy and shoot-outs – 'virtual reality' – Eye-Phone and Power Glove – 'surround-sound'

TERROR RIDES

193-196

Wild roller-coasters – corkscrews and vertical loops – the forces of motion – steel and wood constructions – computerized safety bars

MONSTER MOVIES

197-198

Special-effects make-up – aging actors – making scars – screen blood – continuity illusions – stop-motion photography – cable-operated puppets

HI-TECH TOYS

199-200

How radio-controlled models work – microprocessors and servos – computers-on-a-chip – a 'failsafe' system – CompuTrain

FUTURES

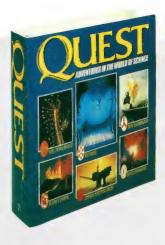
MICRO SOUND AND VISION

95 - 96

Miniaturization technology – LCD screens – portable televisions – secrets of Private Eye – the smallest telephone – electronic organizers



Pack cover: Mechwarrior battle simulator; killer whales at Marineland, California, USA (S. Roux/Jerrican). Fact file cover: The Corkscrew, Alton Towers, Great Britain; illustration of the energy of movement.



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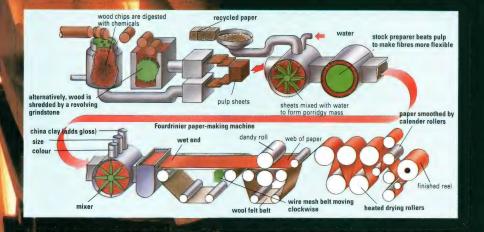
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ADVENTURES IN THE WORLD OF SCIENCE

- Customized manufacturing
- Cells the building blocks of life
- Super-fast freezing techniques
- Robots with 'eyes'
- The food chain
- Automation technology
- The work ethic
- Biodegradable plastic



Industries that work around the clock

AUTOMATION

32

CONTENTS 32



WILL TO WORK

129-130

The labour force - approaches to management - teamwork - company loyalty - encouraging ambition competition - training courses promoting creative thought

BIOLOGICAL FACTORIES

centre - different types of cell

The structure of cells - how plant and

animal cells differ - nucleus: the control

133-134



NON-STOP PRODUCTION

201-204

Round-the-clock industries - power generators - oil refining - chemical and metal production - smelting - continuous casting of molten steel - paper-making cement works - glass plants

AUTOMATION TECHNOLOGY

205-208

Computerized robots - robot arms motorized joints - sensors - camera 'eyes' - Automatic Guided Vehicles designing on computer



MASS-MADE TO ORDER

97 - 98



Limitations of assembly lines customizing mass-produced goods optional extras for cars - automatic tailoring systems



FOOD INDUSTRY

93 - 96

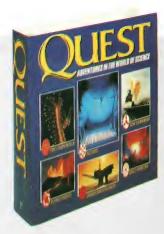
Ensuring hygiene – testing for bacteria – the 'cold chain' - homogenization pasteurization - 'fresh' salad in tins growing natural flavourings in the laboratory - super-fast freezing

RECYCLING

97-100

Separating scrap metal from other materials - re-using lead - extracting chemicals from old rubber tyres - bottle banks - new cans from old

Pack cover: the control room of a steel-making plant (main image); robots weld car bodies on a production line. Fact file cover: casting steel; diagram of the paper-making process.



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- Air and sea rescue
 - Tackling oil-rig fires
 - Animals in danger
- The Space Shuttle Ejector
- The Ivory Trail of death
- The limits of human endurance
- Aircrash survival aids



Superbugs' to devour oil slicks

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217-220

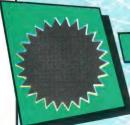
Ambulance crews - resuscitators - heart monitoring units - thermal imaging camera - mountain rescue - coastguards

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33-34



Stranded in Space - severed fuel lines lunar 'lifeboat' - life support systems filtering out CO2 - repairing satellites

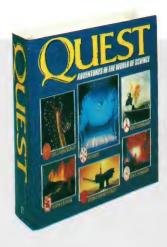


BRAVING THE ELEMENTS

101-102

Extremes of temperature - dehydration hypothermia - protective clothing surviving in the sea - shark attack

Pack cover: skyscraper fire in Sao Paulo, Brazil; rescuing the driver of a blazing racing car during the 1989 French Grand Prix (inset). Fact file cover: Swiss mountain-rescue team at work in the Alne: cutaway diagram of an airport fire engine



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AIRPORT 2000

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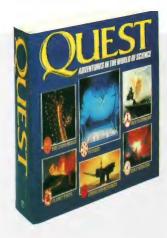
Air-traffic congestion - computerized check-in - robot baggage handlers high-security systems - seadrome

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103-106

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Pack cover: the RAF's display team - the Red Arrows (main picture); the cockchafer beetle (inset). Fact file cover: parachutist jumping off a mountainside; diagram of the Rockwell B-1B bomber.



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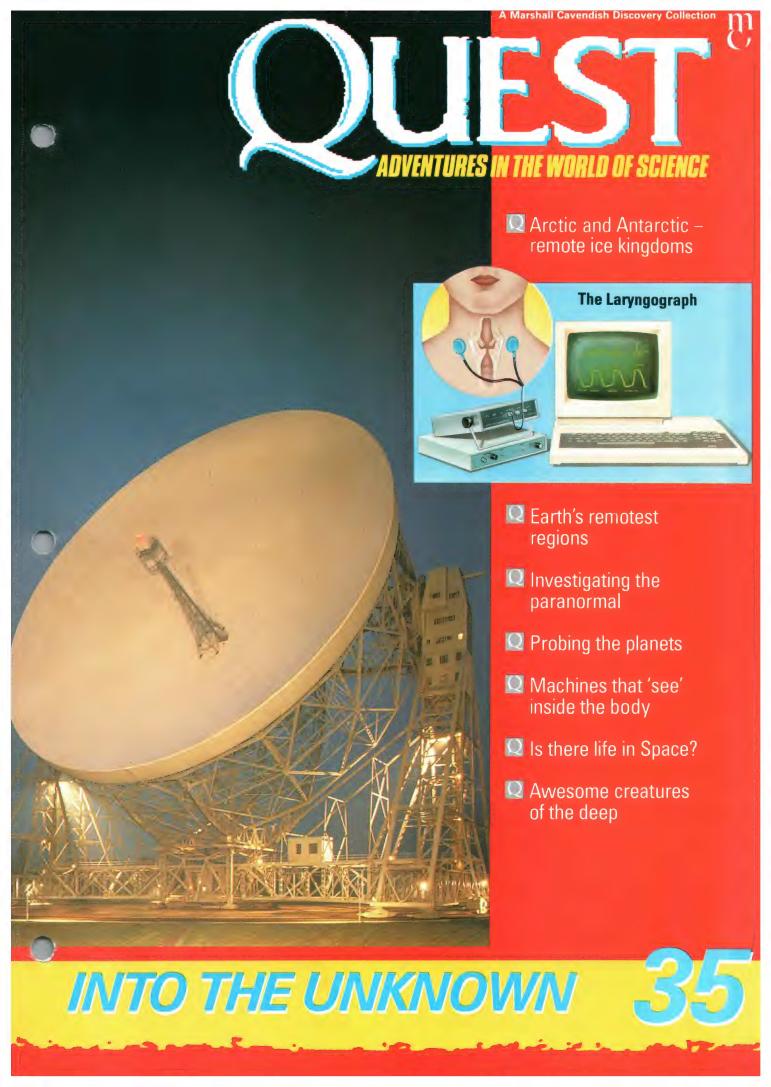
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SPACE FRONTIERS



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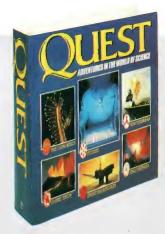
Voyager 2's journey to Neptune - ice volcanoes - pools of liquid hydrogen -Jupiter's dangerous magnetic field - lethal radiation - Saturn's rings - mapping Venus

LOOKING FOR LIFE

39-42

Interstellar messages - powerful radio telescopes - the beginnings of life - our vital Sun - searching for other galaxies

Pack cover: an artist's impression of Voyager 2's journey to Neptune; researching into DNA. Fact file cover: the 76-metre diameter dish of Mark 1A – a radio telescope near Manchester, UK; diagram of a laryngograph.



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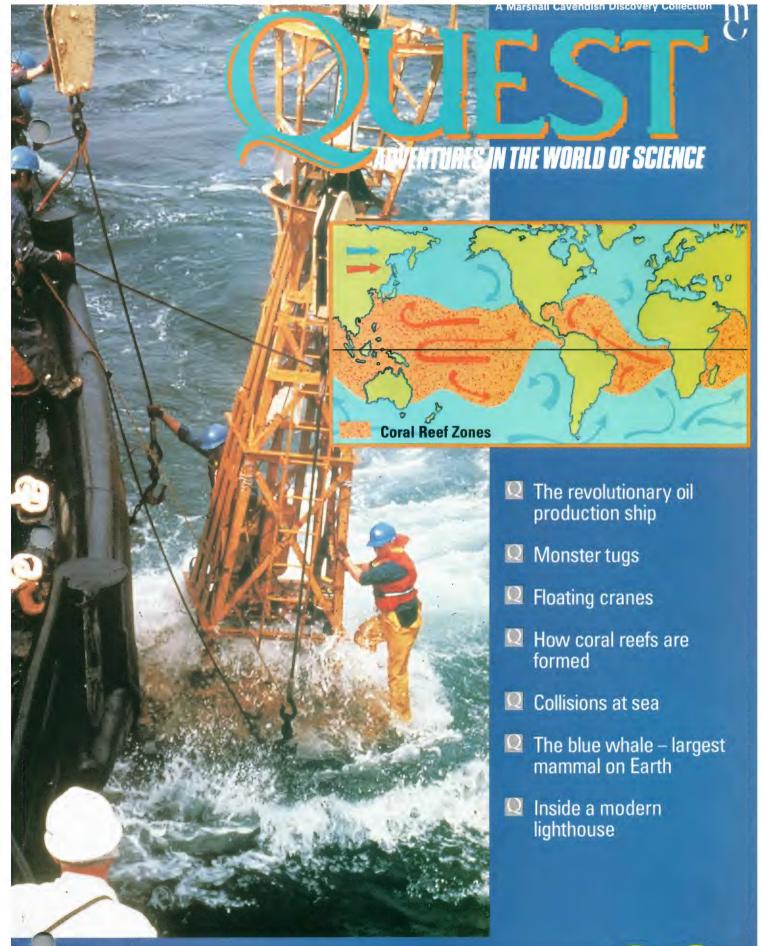
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OCEANS III

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OPERATION SALVAGE

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Refloating stricken vessels - trawling for aircraft pieces - marine archaeology locating sunken wrecks - sidescan sonar salvage submarines

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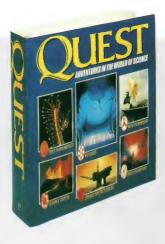
THE RISING SEAS

101-102



The Greenhouse Effect – rising sea levels – global warming – melting glaciers – erosion of beaches and river deltas – vulnerable islands

Pack cover: an oil tanker (top); a marine archaeologist recovering a pottery bowl (inset). Fact file cover: maintenance work on a buoy; diagram of coral reef areas of the world.



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- Q Experiments in microgravity
- Q Super-efficient engines
- Machines made of atoms
- Constructing computer programs
- Hi-tech tidal barriers





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the smallest greetings card

Nanotechnology - machines made of

atoms - scanning-probe microscopes

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ENERGY AND RESOURCES

RECLAIMING THE LAND

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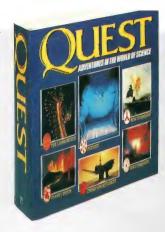
Land below sea-level - draining marshlands - building dykes - the longest sea dam new engineering techniques

SOFTWARE DESIGN

111-112

Software engineers – different programs – special languages – fail-safe devices – icons and 'earcons'

Pack cover: London's Docklands development, UK; Peugeot's Proxima high-performance car (inset). Fact file cover: Eastern Scheldt barrier, Netherlands; diagram of a standard engine.



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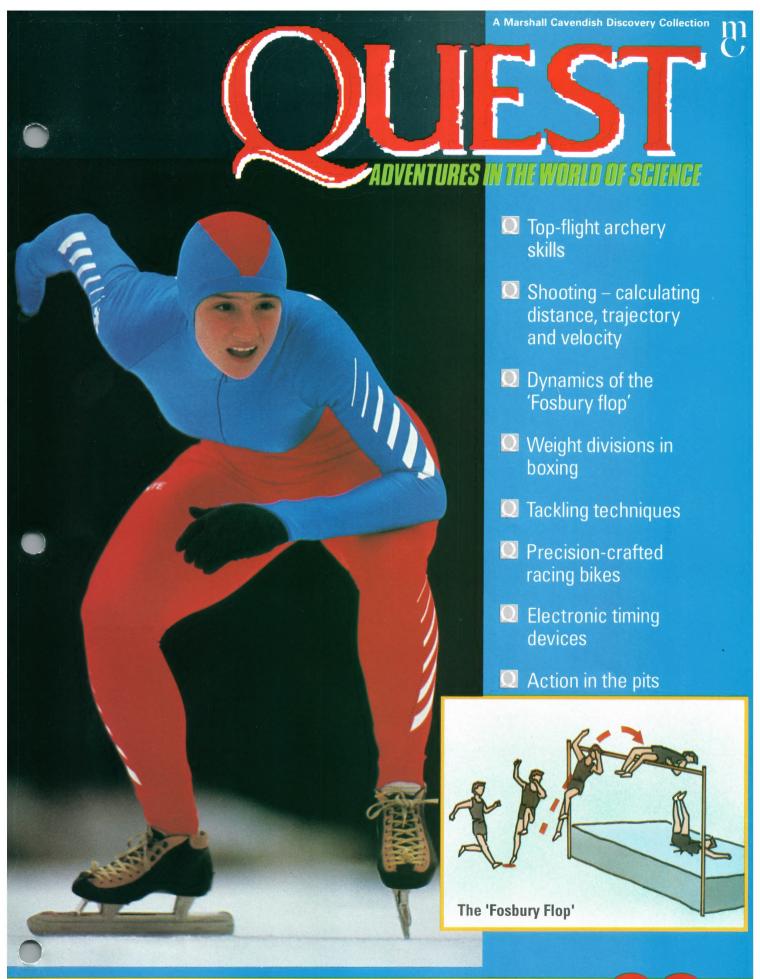
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149-150

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113-116

Contact sports - speed and stamina - timing and tactics - offensive and defensive players - protective gear

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117-118

Precision-crafted machines - flexible frames - metal fatigue - lightweight

accessories - track bikes - sprints

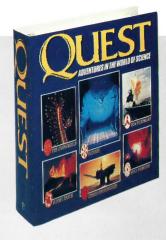
119-120

ON TARGET

Principles of good marksmanship equipment guidelines - bows and

arrows - Olympic shooting events

Pack front cover: a downhill racer (main picture); computer screen in a Formula One racing car. Fact file cover: speed skating; diagram of the 'Fosbury flop'



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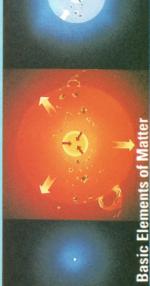
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What makes plastic unique? The structure of skin



Inside a modern sawmill

The science of ceramics

How acid rain affects the world's forests

medicine, industry and scientific research Tracer materials in

The timber trade

Alloys – metals made to measure

MATERIALS



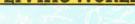
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TIMBER

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Structure and functions of skin – insulating materials – sweat glands – natural 'body armour' – tanning hides



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265-266

Silicon chips – transistors – increasing conductivity – resistivity to electrical current – superconductors

FANTASTIC PLASTIC

267-270

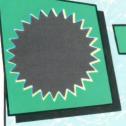
Efforts of heat - different shaping processes - fibres and foams - common composites - biodegradable plastic

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SUPER CERAMICS

105-106

Heat-resistant materials – uses in industry and engines – new, stronger clays – ceramic-metal mixtures



ENERGY AND RESOURCES

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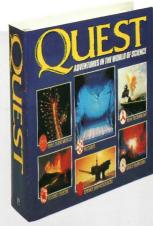
Special properties - malleability conductivity - extraction processes smelting - electrolyzation - alloys

MATERIAL MATTERS

123-126

Matter - atomic particles - natural and synthetic elements - radioisotopes tracer materials - asbestos

Pack front cover: thick fur protects the polar bear from the Arctic cold; shaping hot plastic (main image), natural and synthetic diamonds (inset right). Fact file cover:



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